

# Watch for signs

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Postpartum depression is an overwhelming feeling that can leave women feeling depressed, anxious and fearful. There is help. Life can be joyful again. Having a baby should not be an uphill battle.



# are YOU experiencing postpartum depression?

To find out, check all that describe how you have felt in the past days and weeks since giving birth (not just how you feel today).

Do you...

- ☐ Feel anxious or worried?
- ☐ Blame yourself for things that go wrong?
- ☐ Feel scared or panicky?
- ☐ Feel sad or miserable?
- ☐ Have trouble sleeping? (Unrelated to disturbed sleep due to baby feedings.)
- ☐ Feel exhausted?
- ☐ Go through the motions of life but without joy or interest?
- ☐ Feel very angry without reason?
- ☐ Feel others are better mothers than you?
- ☐ Worry that your partner will get tired of you when you feel bad?
- ☐ Prefer to be alone rather than with friends or neighbors?
- ☐ Have difficulty concentrating?
- ☐ Cry over little things?
- ☐ Think that you will always feel this way and never get better?

**If you checked three or more of these questions, then you should talk to your partner, doctor, or WIC friend today. Many new mothers experience postpartum depression. It is an illness, not a weakness. You are not alone and there is help.**